Quiz

1. True or false: How much time kids and teens spend watching screens can affect their grades and even their weight.

2. True or false: Falling asleep with the TV on at night is not a healthy habit.

3. According to the experts, kids and teens should exercise at least:
   a) 60 seconds every day
   b) 60 minutes every day
   c) 60 hours each week
   d) once every 60 days

4. When you exercise, your brain releases chemicals that can make you feel happier. These chemicals are called:
   a) endorphins
   b) bile
   c) electrolytes
   d) plasma

5. True or false: Kids and teens who spend lots of time sitting in front of TV, video, and computer screens and using their smartphones or are more likely to be overweight.

Extra credit:

7. True or false: Texting doesn’t count as screen time.

8. True or false: Walking or biking to school counts as exercise.